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# Hypothyroidism diet plan pdf

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Can you cure thyroid issues with food? Not exactly, but eating the right foods can provide the necessary nutrients for a healthy thyroid. I created the Perfect Thyroid Diet to simplify nutrition and support thyroid health. This whole-food-based diet considers my current research and understanding of nutrition's impact on thyroid health. The goal is to provide nutritious meals that are easy to prepare, effective, and tailored to the specific needs of thyroid patients. This includes factors like calories, protein, carbohydrates, polyphenols, iodine content, inflammatory fats, thyroid symptoms, hormones, and more. Here's a sample meal: this morning smoothie packed with bioactive compounds from berries and vegetables, designed to boost immunity, keep you full, stimulate metabolism, and promote gut health. It also includes essential fatty acids and an amino acid profile for maintaining muscle health. Make it by blending: * 2 oz orange juice (not concentrate) * 2 oz pomegranate juice (fresh or from concentrate) * 6 oz water * 20 g plant-protein powder (adjust based on needs) * 15 g hemp hearts * 15 g chia seeds * ~120 g frozen banana (about one medium banana) * 140 g [insert other ingredients] Enjoy this meal at any time, but I recommend starting your day with it. Get your daily dose with this nutritious smoothie recipe: - 2 cups frozen mixed berries (your favorite choice) - 2 cups leafy greens like spinach, chard, or kale - Blend these ingredients with a high-powered blender along with the following components in order: liquid protein powder, chia seeds, hemp hearts, and orange juice. The mixture should be blended for about two minutes to reach your desired consistency. You can enjoy this smoothie right away. This smoothie is packed with nutrients: - Calories: 499 - Fat: 13 grams (17%) - Saturated fat: 0.9 grams (5%) - Cholesterol: 1mg (0%) - Sodium: 292mg (13%) - Total carbohydrates: 74.3 grams (27%) - Dietary fiber: 15.4 grams - Total sugars: 41.6 grams - Protein: 28.6 grams The ingredients used in this recipe have various health benefits: - Orange juice is a concentrated source of flavonoids like naringin and naringenin, which have anti-inflammatory properties. - Pomegranate juice contains powerful polyphenols such as ellagic acid that help decrease heart disease, reduce blood pressure, and decrease inflammation without causing weight gain. - Hemp hearts provide essential omega 6 fatty acids and GLA known as gamma-linolenic acid, which protect the heart, lower blood pressure, and provide anti-inflammatory cytokines. - Chia seeds are rich in fiber, essential fatty acids, and polyphenols that provide a load of nutrition. - Protein powder is added to ensure sufficient protein intake for thyroid-responsive tissues. - Berries offer numerous bioactive compounds with various health benefits. The banana serves multiple purposes in this recipe, offering not only flavor and sweetness but also bioactive compounds and essential minerals like magnesium, iron, copper, and zinc. To maximize nutritional benefits, two cups of greens such as kale, spinach, or chard are blended into the smoothie, providing a significant portion of daily vegetable servings. A separate protein shake is consumed later in the day, featuring 20 grams of plant-based protein powder and 20 grams of collagen peptides. The addition of Ceylon cinnamon, creatine, and cocoa flavonols enhances the nutritional profile and supports thyroid health. This meal provides essential nutrients that would be difficult to obtain through a regular diet. To prepare this shake, combine 8-12 ounces of purified water with 20 grams of plant-based protein powder, 20 grams of collagen peptides, 1 teaspoon of Ceylon cinnamon, 2.5 grams of creatine monohydrate, and 500 mg of cocoa flavonols in powder form. Blend the ingredients until well combined and enjoy immediately. This meal also includes a serving of macadamia nuts and dark chocolate for added nutrition and flavor. The recommended daily intake is as follows: calories 189, total fat 1.1g, cholesterol 4mg, sodium 343mg, total carbohydrate 3.8g, dietary fiber 2.3g, total sugars 0.1g, protein 39g. The addition of pea protein and collagen peptides in this meal is beneficial for thyroid patients, as they provide essential amino acids and nutrients that support overall health. Collagen powders are rich in amino acids like glycine, proline, and hydroxyproline. Don't count their protein toward your daily total because they're used for different reasons here. Ceylon cinnamon is a healthier option than Saigon cinnamon due to its antioxidant properties. It also has anti-inflammatory effects and can lower cholesterol levels. Use true cinnamon instead of the more readily available variety. Cocoa flavanols are beneficial compounds found in cocoa, particularly catechin and epicatechin. Since they're destroyed during processing, consider taking a supplement to get their heart-healthy benefits. This veggie hummus allows for high amounts of vegetables in your diet without much effort. The combination with a morning smoothie will meet your daily vegetable requirement. Despite its name, this meal tastes great. To make it: blend 200g frozen broccoli, 100g frozen cauliflower, 45g mushrooms, one small potato (about 100g), one to three cloves of garlic, one tablespoon olive oil, salt, and pepper. Add cooked chicken breast or a protein substitute like lentils for about 30 grams of protein. - Calories: 413 - Total fat: 17.4g (22%) - Saturated fat: 2.1g (10%) - Cholesterol: 64mg (21%) - Sodium: 268mg (12%) - Total carbohydrate: 39.5g (14%) - Dietary fiber: 10.9g (39%) - Total sugars: 8.7g - Protein: 30.9g Season with salt, pepper, and your preferred spices - perhaps garlic, paprika, or onion powder. Roast the chicken at 375 degrees Fahrenheit for about an hour, or until it reaches an internal temperature of 160-165 degrees. Allow the chicken to rest for a few minutes before serving some alongside veggie hummus. To make the hummus: Start boiling water in a large pot and then add frozen vegetables, potatoes, mushrooms, garlic, and cauliflower. Let it boil again and cook for 9 minutes. Drain the liquid and return everything to the pot. Add olive oil, salt, and pepper, then blend until smooth with an immersion blender. Serve and enjoy! You can replace the specified protein source with another lean option, such as turkey or lean beef, or a plant-based alternative like lentils. Ensure you get around 25-30 grams of protein per serving to meet your daily needs. 1/4 teaspoon cumin turns into: 1/8 tsp of cummin will do the trick. Also add 1/4 teaspoon garlic powder and 1/4 teaspoon paprika to your mix. Don't forget a pinch of salt and pepper to taste, folks! Now let's get cracking with 4 eggs and some sliced green onion for added flavor. Check out the full recipe here. You can't have one diet that fits all when it comes to thyroid patients. Everyone has different calorie needs due to varying muscle mass, activity level, hormone levels, and appetite. That's why I've put together a meal plan with essential ingredients, but you might find yourself needing extra calories beyond what's listed above. If that's the case, just add these approved snacks as needed: 2 ounces of dark chocolate (70% or greater) for both taste and polyphenols, plus some walnuts, protein powder, orange juice, or pomegranate juice if you're feeling hungry. Here are some supplements that'll be a lifesaver on this diet: - Plant-based protein powder - I'd recommend Thyro Fuel for its perfect fit into this meal plan. If not, find another clean alternative with similar protein-to-calorie content and ingredient profile. - Collagen Complex - Go for Thyroid Collagen Complex as it's specifically designed for thyroid patients. Other collagens will do in a pinch. - Ceylon cinnamon - You might need to buy this spice separately since most locations sell Saigon cinnamon instead. - Cocoa Flavanols - Get them here if you're interested. - Creatine - Simple creatine monohydrate will suffice. You can get most of these ingredients at Costco for a great price. If not, standard grocery stores should have everything except maybe the high-end options. When budget permits, opt for organic when shopping for fruits and vegetables, grass-fed or organic meats, wild-caught fish, and organic eggs. Here's a list of what you'll need for the perfect thyroid diet: - Orange juice (not from concentrate) - Pomegranate juice (fresh squeezed preferred but from concentrate is okay) - Hemp hearts - Chia seeds - Bananas - Frozen berries (strawberries, blueberries, raspberries, or blackberries) - Greens (baby spinach, kale, or chard) - Roasted macadamia nuts - Dark chocolate (70%+ or greater) - Frozen or raw broccoli - Frozen or raw cauliflower - Shiitake mushrooms - Yukon gold potatoes - Garlic - Extra virgin olive oil - Lean meat (chicken breast, ground turkey, or lean ground beef) - Fish (salmon, tuna, sardines, shrimp, tilapia, or oysters) The Perfect Thyroid Diet can be applied to individuals with Hashimoto's and other thyroid conditions. It's crucial to follow this diet forever for optimal thyroid health, as it's designed to alter the trajectory of your overall well-being. The benefits of this diet will persist as long as you continue eating the recommended foods and meals. Please note that if you return to your regular diet, your symptoms and condition may eventually revert back. To minimize any concerns about goitrogens, prepare your food by boiling or steaming it. While you might still consume some goitrogens, increasing your daily iodine intake will outcompete these compounds, ensuring a sufficient supply for your thyroid gland. The Perfect Thyroid Diet doesn't prescribe a specific caloric intake, as each individual's needs vary greatly depending on factors such as activity level, metabolism, hormone levels, and thyroid status. The diet provides a baseline caloric range, which you can adjust based on your unique circumstances. You're encouraged to follow the diet as outlined for optimal results, but feel free to make adjustments if necessary. However, keep in mind that straying from the program may reduce its effectiveness. This diet has the potential to aid in weight loss, as it was designed to support healthy thyroid function and overall metabolic well-being. Lastly, you don't need to worry about consuming excessive protein with this diet. Protein is vital for thyroid patients, as it helps maintain muscle mass – a crucial aspect of optimal thyroid function. Your primary sources of fat will come from extra virgin olive oil, chia seeds, hemp hearts, walnuts, and flax (optional). Chia seeds, walnuts, and flax are added to boost your intake of alpha-linolenic fatty acid, the primary omega-3 fatty acid. It's recommended to consume at least 2 servings of fatty fish or algae per week for additional EPA and DHA (long-chain fatty acids). Your body can create some EPA and DHA from omega-3 fatty acids, but only at a rate of about 10-20%. This is why it's suggested to include more EPA and DHA. The Perfect Thyroid Diet will provide you with around 5-7 grams of omega-3 fatty acids per day, which is 2-3 times the average person's intake. The ratio of omega-6 fatty acids is designed to be roughly in line with your intake of omega-3 fatty acids. Animal protein sources contain arachidonic acid (AA), which is balanced by an equivalent intake of omega-3 fatty acids from green leafy vegetables, flax, chia, walnuts, and hemp hearts. #1-15 Boost thyroid health with a balanced diet rich in folate from spinach and legumes, selenium, zinc, and iodine. This plan is budget-friendly, except for the investment in chia seeds and quinoa. Follow the entire 14-day plan or incorporate your favorite recipes into your current diet. Recipes are sourced from qualified Dietitians, so be sure to follow them! If you're trying to lose weight, consider reading another guide as well. However, this plan may not be suitable for those following the Autoimmune Protocol. Before starting, consult with your doctor or Dietitian to ensure the plan is right for you. Take thyroid hormone at least 1-2 hours before eating, and consider skipping breakfast if it suits your lifestyle. Some ingredients, like goitrogens, soy, and legumes, can be left out if you experience digestive stress. Stick to water as your drink of choice, but tea is also fine in moderation. Flexibility is key, so feel free to modify recipes or leave out ingredients that don't work for you. The plan focuses on whole, unrefined foods and aims to eliminate junk foods and highly processed products. Snacks are optional, and bonus snack recipe ideas can be found at the bottom of this guide. When writing your shopping list, consider the serving sizes specified in the recipes, which often make 2-4 servings. Eat at home or save leftovers for a meal another day. Meal ideas at the end of the week use leftover food. Morning: Eat one banana after taking thyroid meds, wait 1-2 hours first. Lunch: Mix tuna with Greek yogurt, great source of iodine and omega-3s. Dinner: Bake chicken in sweet potato skins, love eating this dish. Snack: Munch on 2-3 Brazil nuts for protein and selenium. Breakfast: Soak chia seeds in chocolate pudding overnight, easy to make in bulk. Lunch: Have a gluten-free sandwich with tuna or your favorite filling. Dinner: Make egg Shakshuka with rice for a tasty veggie-filled meal. Snack: Dip carrot and cucumber sticks in cottage cheese or hummus. Breakfast: Fry eggs on toast made from gluten-free bread. Lunch: Mix veggies, feta, and olives in a mason jar for a simple salad. Dinner: Cook shrimp and zucchini with pesto pasta for a quick iodine boost. Snack: Enjoy one banana as a snack. Morning: Blend chia seeds into a green smoothie for a nutritious start. Lunch: Serve pumpkin soup with vegetables for a filling meal. Dinner: Use leftovers from last night's dinner. Snack: Munch on 2-3 Brazil nuts again for selenium and protein. Breakfast: Choose your favorite breakfast option. Lunch: Pick any leftover food or eat out. Dinner: Cook one-pot cheesy taco skillet for a fun family night. Snack: Dip carrot and cucumber sticks in cottage cheese or hummus again. Sunday brunch alert! Sweet Potato Hash with Feta and Eggs is just what you need to start the day off right. Who says sweet potatoes are only for dinner? They're a great breakfast option too! For lunch, go ahead and mix it up - pick your fave leftovers or try eating out. Dinner's on the menu: Quinoa Crusted Chicken Parmesan served with some tasty veggies. And if you've got leftover cheese and veg, now's the perfect time to get creative. A simple snack like 200g of plain Greek yoghurt paired with a small banana is a great way to curb your hunger between meals. For even more healthy treat ideas, keep scrolling - because life can be unpredictable!